



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 03712, Babyfood, cereal, rice, with bananas, prepared with whole milk**

**Report Date: June 24, 2017 23:40 EDT**

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
<b>Proximates</b>					
Water	g	81.81	--	--	23.19
Energy	kcal	86	--	--	24
Energy	kJ	360	--	--	102
Protein	g	3.57	--	--	1.01
Total lipid (fat)	g	3.32	--	--	0.94
Ash	g	0.81	--	--	0.23
Carbohydrate, by difference	g	10.49	--	--	2.97
Fiber, total dietary	g	0.1	--	--	0.0
Sugars, total	g	6.13	--	--	1.74
Sucrose	g	0.00	--	--	0.00
Glucose (dextrose)	g	0.00	--	--	0.00
Fructose	g	0.00	--	--	0.00
Lactose	g	4.67	--	--	1.32
Maltose	g	0.00	--	--	0.00
Galactose	g	0.00	--	--	0.00
<b>Minerals</b>					
Calcium, Ca	mg	156	--	--	44
Iron, Fe	mg	3.63	--	--	1.03
Magnesium, Mg	mg	20	--	--	6
Phosphorus, P	mg	109	--	--	31
Potassium, K	mg	180	--	--	51
Sodium, Na	mg	47	--	--	13
Zinc, Zn	mg	0.46	--	--	0.13

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Copper, Cu	mg	0.042	--	--	0.012
Manganese, Mn	mg	0.004	--	--	0.001
Selenium, Se	µg	4.3	--	--	1.2
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.2	--	--	0.1
Thiamin	mg	0.684	--	--	0.194
Riboflavin	mg	0.444	--	--	0.126
Niacin	mg	1.849	--	--	0.524
Pantothenic acid	mg	0.345	--	--	0.098
Vitamin B-6	mg	0.085	--	--	0.024
Folate, total	µg	6	--	--	2
Folic acid	µg	0	--	--	0
Folate, food	µg	6	--	--	2
Folate, DFE	µg	6	--	--	2
Choline, total	mg	15.2	--	--	4.3
Betaine	mg	0.6	--	--	0.2
Vitamin B-12	µg	0.43	--	--	0.12
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	43	--	--	12
Retinol	µg	42	--	--	12
Carotene, beta	µg	7	--	--	2
Carotene, alpha	µg	1	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	152	--	--	43
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	3	--	--	1
Vitamin E (alpha-tocopherol)	mg	0.09	--	--	0.03
Vitamin E, added	mg	0.00	--	--	0.00
Tocopherol, beta	mg	0.00	--	--	0.00
Tocopherol, gamma	mg	0.00	--	--	0.00
Tocopherol, delta	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	1.2	--	--	0.3
Vitamin D3 (cholecalciferol)	µg	1.2	--	--	0.3

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Vitamin D	IU	47	--	--	13
Vitamin K (phylloquinone)	µg	0.5	--	--	0.1
<b>Lipids</b>					
Fatty acids, total saturated	g	1.798	--	--	0.510
4:0	g	0.069	--	--	0.020
6:0	g	0.069	--	--	0.020
8:0	g	0.069	--	--	0.020
10:0	g	0.069	--	--	0.020
12:0	g	0.071	--	--	0.020
13:0	g	0.000	--	--	0.000
14:0	g	0.276	--	--	0.078
15:0	g	0.000	--	--	0.000
16:0	g	0.826	--	--	0.234
17:0	g	0.000	--	--	0.000
18:0	g	0.345	--	--	0.098
20:0	g	0.000	--	--	0.000
22:0	g	0.000	--	--	0.000
24:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	0.826	--	--	0.234
14:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.002	--	--	0.001
18:1 undifferentiated	g	0.823	--	--	0.233
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.294	--	--	0.083
18:2 undifferentiated	g	0.209	--	--	0.059
18:3 undifferentiated	g	0.085	--	--	0.024
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	10	--	--	3

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<b>Amino Acids</b>					
Tryptophan	g	0.079	--	--	0.022
Threonine	g	0.163	--	--	0.046
Isoleucine	g	0.184	--	--	0.052
Leucine	g	0.302	--	--	0.086
Lysine	g	0.161	--	--	0.046
Methionine	g	0.085	--	--	0.024
Cystine	g	0.029	--	--	0.008
Phenylalanine	g	0.163	--	--	0.046
Tyrosine	g	0.165	--	--	0.047
Valine	g	0.215	--	--	0.061
Arginine	g	0.113	--	--	0.032
Histidine	g	0.088	--	--	0.025
Alanine	g	0.131	--	--	0.037
Aspartic acid	g	0.280	--	--	0.079
Glutamic acid	g	0.702	--	--	0.199
Glycine	g	0.095	--	--	0.027
Proline	g	0.341	--	--	0.097
Serine	g	0.132	--	--	0.037
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0